



Santa Clara Teen Center

DECEMBER, 2012

School Drop-In Program Hours

Monday, Tuesday, & Thursday: 2:30pm-7:00pm









Wednesday: 1:30pm-7:00pm

Friday: 2:30pm-5:30pm

Office Hours

Monday-Friday: 9:00am-5:30pm

2446 Cabrillo Ave., Santa Clara, CA 95051 Phone: (408) 615-3740 /Fax: (408) 241-2326

SUN	MON	TUE	WED	THU	FRI	SAT
<u>4th Annual Santa Clara Got Talent</u> Auditions for Santa Clara's Got Talent are December 4—6. Please call the Teen Center to schedule an appointment for Tuesday or Wednesday, or attend the Open Call Auditions on Thursday. For more information call (408) 615-3740.				<u>An Evening with Santa</u> Ccome enjoy the holiday festivities. Activities are geared towards ages 3-7. Children must be accompanied by a registered adult. For more information call (408) 615-3740.		
2	3 Balloon Stomp	4 Halo 4 SC's Got Talent Auditions	5 Movie Day and Pictionary  SC's Got Talent Auditions	6 Rainy-day Schedule SC's Got Talent Auditions	7 Starcraft Tourn. Tree Lighting Ceremony	8
9	10 JENGA	11 UFC	12 Movie Day and Poker Tournament 	13 Hopsticle Course	14 Reindeer Food	15
16	17 Mystery Games...can you figure them out?	18 Halo 4	19 Movie Day and Christmas Cards 	20 Ping Pong Tourn. An Evening with Santa	21 Cookie Decorating	22
23	24  City Furlough	25  City Holiday	26  City Furlough	27  City Furlough	28  City Furlough	29

41 Developmental Assets have been identified as the essential building blocks of healthy child and youth development.

December Asset #1—Family Support: Family life provides high levels of love and support.

(The Parks and Recreation Department offers a variety of activities and/or events that parents can attend with their children.

For more information contact the Community Recreation Center at (408) 615-3140.)

See reverse side for more communication suggestions.

**Parks
Make
Life
Better!**

DECEMBER Asset of the Month: FAMILY SUPPORT

Family provides high levels of love and support.

The Importance of Family Support

Family support refers to the ways that parents, siblings, and extended family show love, encouragement, and comfort to each other—families are the cornerstone of the social support system for youth. A 2011 survey of Santa Clara County youth reveals that while younger youth generally experience and are aware of family support, teenagers do so much less often: **88% of 4th-6th graders reported family support, while only 69% of middle- and high school students reported the asset.**

Because adolescents require greater autonomy and independence than younger children, effective family support for older youth takes a different form than in earlier years; however, their need for their families is still strong. Adults are challenged to find a balance between giving youth the support they need to navigate their adolescence and the independence they need to develop as individuals.

In their book *Parenting Teens with Love and Logic*, Foster Cline, M.D. and Jim Fay discuss the transition from parenting younger children—who typically require guidance and firm limits—to parenting adolescents, who benefit most from the freedom to make their own decisions within the boundaries of safe, reasonable limits. According to Cline and Fay, effective parenting in the teenage years requires clearly communicating expectations and consequences while allowing youth to make their own decisions and “own” the results...even if their choices are not the ones that we would have preferred.

The following discussion topics can be used to open a dialogue with young people about the ways that they experience family support:

- Does your family provide support in a way that’s meaningful and easy for you to recognize? Why or why not?
- Do you and your parents treat each other with the same kindness and dignity that you’d expect from your friends?
- Does your family do things together on a regular basis? Are there any activities that you’d like to share (or be willing to share) with your family?

Activities

The activities below offer a starting point to help build and strengthen the asset of family support.

For families:

- Make family rules together, and agree on rewards for following the rules and consequences for breaking them.

- Try to eat at least one meal together every day, and set aside at least one evening or weekend day for the family to spend together in a pastime that everyone enjoys or finds valuable.
- Be sure to recognize your children’s unique talents and encourage their interests, even when they don’t match yours.
- Look your children in the eyes when you talk to them, and give them all of your attention in conversation.
- Be empathetic about their struggles and concerns—no matter how silly or trivial their problems seem to you, they are significant to your children.
- Praise your children for doing a good job and point out when they’re being helpful.
- At least once a day, try to express that you appreciate and care about your children.
- Be affectionate, but respect their space; older children especially may be uncomfortable about displays of affection in front of non-family members.

For all adults:

- Talk with young people about their families and point out the ways that the children are supported and loved. Similarly, when you speak with parents, take time to notice and praise their efforts at providing family support for their children.

In Schools:

- Deliver a unit on families to help young people appreciate and respect all kinds of families.
- Schedule events that bring families together, like open houses or family game nights.
- If possible, schedule speakers and workshops on family life and associated issues.
- Be sure that your staff recognition and acknowledgement of non-traditional families in which a child’s primary caretakers may not be their biological parents.

For more information about the Asset-a-Month program, contact Project Cornerstone at (408) 351-6482 or info@projectcornerstone.org.

